

# The Village News

Northwest Neighbors Village • A Community of Support

5425 Western Ave. NW • Washington, D.C. 20015

(202) 237-1896 • [www.nwnv.org](http://www.nwnv.org)

Volume 4, Issue 3

March 2012

## NNV CALENDAR

**Mon., March 5, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell in the Solarium at the Lisner Home, 5425 Western Ave. NW.

**Mon., March 12, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Mon., March 19, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Tues., March 20, 7:30 p.m.**

**Elder Issues: Facilitating Intergenerational Conversations About Finances, Housing, Health, Etc.**, presented by NNV and Chevy Chase Citizens Association, Chevy Chase Community Center, Connecticut Avenue and McKinley Street NW.

**Wed., March 21, 2-3:30 p.m.**

**NNV Book Club** at the home of NNV member Bernice Degler, to discuss books about the 2008 financial crisis, including *Too Big to Fail* by Andrew Ross Sorkin. RSVP: (202) 237-1895.

**Mon., March 26, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Tues., March 27, 3 p.m.**

**NNV Men's Book Club** at the home of NNV volunteer Ed White to discuss *Falling Upward*, by Richard Rohr. RSVP: (202) 237-1895.

**Fri., March 30, 1 p.m.**

**Don't Be Scammed, Avoid Scams at Home, on Line, and at the Bank**, presented by NNV and Osher Lifelong Learning Institute (OLLI), Temple Baptist Church, 3850 Nebraska Ave. NW.



Anne Wallace, center, describes the lifelong learning opportunities of her organization at NNV's Sunday Supper Salon. —Photo by Tom Oliver

## Sunday Salon Salutes Volunteers

The third NNV Sunday Supper Salon on Feb. 26 celebrated NNV's volunteers and featured speaker Anne Wallace, executive director of Osher Lifelong Learning Institutes, known as OLLI.

Many praised NNV's volunteers. Edith Couturier, NNV member and volunteer, said her initial difficulty receiving rather than giving assistance was made easier by volunteers who show how much they enjoy driving her to various appointments.

D.C. Council member Mary Cheh, a longtime NNV supporter, remarked how impressed she was with the senior village culture of mutual support and how important it is to the city.

NNV Executive Director Marianna Blagburn thanked NNV volunteers for giving the village the

tools to succeed. Volunteers have delivered more than 2,000 services and donated 8,000 hours since NNV began three years ago on March 9, 2009. An example of the high level of cooperation occurred when she broadcast 24 requests spanning several weeks for a single member, and all were filled within 90 minutes. Many members have called to thank NNV for these services.

Continuing with the salon's theme of volunteering, Anne Wallace, executive director of OLLI and a founding member of Womenade, spoke about how important volunteers are to each organization and how they strengthen a community.

Anne noted that OLLI was

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**Northwest Neighbors Village,**  
*a community network of support*  
 5425 Western Ave. NW  
 Washington, DC 20015  
 (202) 237-1895  
[www.nwnv.org](http://www.nwnv.org)

**Northwest Neighbors Village**  
 (NNV) is part of the Senior Services Network, supported by the D.C. Office of Aging. NNV is a nonprofit organization created to help the residents of Northwest D.C. live comfortably and safely in their neighborhood and homes as they age. NNV was founded in 2007.

#### Join or Volunteer

NNV welcomes new members and volunteers. For more information, go to [www.nwnv.org](http://www.nwnv.org) or call the office at (202) 237-1895.

#### NNV Board Members

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Janean Mann, *president*  
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 Steve Altman, *assistant treasurer*

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Marianna Blagburn, *executive director*

#### Newsletter Team

Barbara B. Oliver, *editor*  
 Doris Chalfin  
 Tom Oliver



A bountiful buffet was in store for the salon participants. —Photo by Janean Mann.

*SALON, continued from Page 1*

started as the Institute for Learning in Retirement by a group of friends who wondered what to do when they retired. The Institute began with 80 members and now, on its 30th anniversary, has 750.

In 2005, Bernard Osher, whose foundation is located in San Francisco, invited ILR to join OLLI, a network of similar educational institutes with 125,000 members. Osher challenged the ILR leaders to attract 500 members to the D.C.-based group; when the goal was reached, he awarded them \$1 million for initial support. He modeled the OLLI network on a government program for seniors in Maine that had impressed him.

OLLI depends on the volunteer services of its members. Anne has only two paid staff, a program manager and an assistant; all others are volunteers, including a 12-member board and 10-member hospitality committee. Members are strongly encouraged to become actively involved as study group leaders, and with other programs and administrative activities necessary to the success of OLLI.

OLLI is an association of, by and for people in the Washington, D.C. area who wish to continue to study and learn. "Study groups are rigorously academic and cover politics, philosophy, science, and the arts," Anne said. "Most are discussion groups rather than lectures in line with the OLLI motto: 'Curiosity never retires.'"



NNV member Edith Couturier told of her experience receiving volunteer assistance. —Photo by Lyn Taecker

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D.C. Council member Mary Cheh addresses the group. —Photo by Janean Mann

*SALON, Continued from Page 2*

OLLI offers a fall and spring semester; each runs eight to 10 weeks. For a semiannual fee, members may take up to three



Jo-Ann Tanner thanks the volunteers. —  
Photo by Lyn Taecker

study groups that run during the day for just under two hours a week. There are no tests and no grades; members participate purely for the joy of learning, either by leading them or attending them. In addition to study groups, OLLI has a free Tuesday lecture series during the semester and an extended lecture series in January and June.

OLLI meets in the Temple Baptist Church close to American University's campus, with free parking. All facilities are handicapped-accessible. Members have AU library privileges. More information is available online at [www.OLLI-DC.org](http://www.OLLI-DC.org).

In addition to her role as executive director of OLLI, Anne Wallace started Washington Womenade, a local nonprofit organization. The idea for Womenade came from a friend who is a physician for the homeless and used to spend up to \$10,000 a year for small but critical needs of patients not covered by social programs. Six founding members, Anne included, began holding

potluck suppers once or twice a year to which they invited all the women they knew and for which they charged \$35.

Anne said, "We have no overhead expenses. The \$16,000 to \$20,000 raised annually goes for moderate expenditures for which clients simply do not have funds. All funds collected help homeless people, patients who need prescriptions, clothes for job interviews, new glasses, dentures and other needs. Contributions go directly to the vendors of whatever the clients need. Washington Womenade also makes microloans to help clients become self-supporting."

Anne noted that an article in *Real Simple* magazine generated 45 more Womenade groups across the country. Find out more about Washington Womenade at [www.washingtonwomenade.org](http://www.washingtonwomenade.org).



True to its name, the Sunday Supper Salon offered a delicious potluck buffet of entrees, salads and desserts accompanied by hot cider, wines, champagne and soft drinks. Forty people attended.

—Pat Kasdan

## Sherwood Smith Calls D.C. and NNV Home

Sherwood “Woody” Smith joined NNV in October 2010 after meeting the former executive director, Carole Bernard. He joined the village because he wanted to meet others who believed in the movement that he read about. He thought it could work and wanted to support it.

Born in Alexandria, Va., he lived in the Washington area throughout his early life, including Wesley Heights and P Street in Georgetown. As a teenager he lived in rural Westmoreland Hills, near the Walker farm.

He attended the Jackson School, Horace Mann Elementary, Leland Junior High, Bethesda-Chevy Chase High School and American University, which he attended briefly before entering the Navy.

Woody claims he had an “inglorious military career, but not dishonorable,” which ended at the Farragut Naval Station in Idaho. Following the war, he studied at George Washington University as



Woody Smith chats with an interviewer. —Photo by Marianna Blagburn

an English major and graduated with honors.

In 1950, he moved to New York City and attended Columbia University, where he received his

M.A. in English. He also taught writing and English literature survey courses at the City University of New York. After working for many years in the CUNY library he finally finished his library science degree and claimed New York City as his home.

Woody explained, “The secret to my longevity is long walks and procrastination.”

After he retired from a career as a librarian in 1990 at 67 years old, he returned to Washington to friends, a cousin in Silver Spring, and his brother who lived near Charlottesville.

Today, Woody lives an active life and stays involved with many organizations such as the Historical Society of Washington, D.C., the Association of the Oldest Inhabitants and the Ward Circle AARP. He also speaks about the village to leaders of these organizations and encourages their members to join NNV.

—Doris Chalfin and Marianna Blagburn

## NNV Wins Grants From ANCs

Northwest Neighbors Village has recently received more than \$8,000 in grants from local Advisory Neighborhood Councils. ANC 3E awarded NNV \$5,000 to help expand our outreach to potential new members and volunteers in AU Park/Tenleytown. (A previous ANC 3E grant for \$5,000 greatly aided NNV’s launch into AU Park/Tenleytown when NNV extended its borders into these areas in 2010.)

The most recent grant also provides funds to make needed upgrades to our Web site to make it

more useful to our members and others. The new site will provide NNV members and volunteers with links to a variety of resources and to organizations that partner with NNV. It will also allow users to download membership and volunteer applications and to renew their memberships online.

The ANC 3F grant for \$3,450 will assist NNV’s outreach by covering some of the costs of new brochures and mailings to Forest Hills residents. At the behest of some Forest Hills residents, NNV is increasing its outreach to inform

residents of the services that NNV provides its members and of the opportunities to contribute to the community through volunteering with NNV.

We plan to follow up on a successful Feb. 12 tea with other such gatherings in homes, condos and apartments. We also plan a public informational event in Forest Hills.

NNV greatly appreciates the support that ANC 3E and ANC 3F have shown through these grants.

—Janean Mann

## What the Volunteers Say . . .

### Lindsay Damon

"As a newer D.C. resident, I was eager to find my niche in my community and get to know my neighborhood better. I like to keep busy, so I began working at the New Morning Farm Market at the Sheridan School on the weekends. I met NNV volunteers at the market and gave my information so that I could get involved," says Lindsay Damon, MSW.

"During the week, I work as a school social worker and counselor in a local public school, so I love that NNV gives me the chance to get to know a different population than what I see on a daily basis. I have loved meeting other NNV volunteers and getting to know my neighbors. I learned so much about D.C. history that they don't teach you in school!"



### Chris Rouse

Christopher Rouse is the grandson of Roberta S. Barnes, former principal of Lafayette Elementary School.

Chris is now an NNV volunteer who believes in the philosophy of empowering people to remain in their homes. "I began my involvement with seniors in high school; being between jobs and having spare time, I decided to volunteer in my neighborhood and selected NNV, based on their mission."

"In the six months prior to becoming an NNV volunteer, I assisted a family friend, who is 83, with in-home hospice care. I am now resurrecting a former career in personal training for a local gym, and studying to obtain a second certification in personal training with the American College of Sports Medicine. In the few short months I have been with NNV, I have thoroughly enjoyed helping members. I have done different tasks, from raking leaves to setting up a Christmas tree. I look forward to helping more this year."



## What's Your Story? The Oral History Project

Would you like your life story told so that it can be made available to your children, grandchildren and future generations? Consider joining our Oral History Project. We are currently interviewing and it is not too late to sign up.

We will be asking about family history, careers, and what brought you to your neighborhood. We also want to capture memories of what life was like in earlier times. To this end, we will be asking questions such as where you shopped, who your neighbors were, what your family did for entertainment, what the schools were like, and your memories of World War II.

We are also looking for early photographs that we will scan and return.

In addition to getting your story down for future generations, you will be providing valuable

information about what life was like in your neighborhood in the 20th century.

If you want your story told, call Marianna Blagburn at (202) 237-1895.

—Joan Janshego

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## Neighborhood Watch Provides Extra Eyes and Ears

Listserves, TV stories and newspaper articles have reported an increase in robberies in our area—many at gunpoint. While you may think these are random crimes, most are not. People who commit crimes look for red flags that alert them to their targets.

For a robber, individuals using electronic devices are targeted, especially those walking alone on poorly lit streets. For a burglar, newspapers at the front of a house in the afternoon, tall unmown grass or unshoveled snow, or leaflets left in the door handle for days make the house a target. They indicate no one is home, or a person who is either sick or elderly lives in the home and has not been able to keep up with the needs of homeownership.

Hiring someone or arranging with a neighbor to help out is extremely important to keep you



Samantha Nolan

and your home safe from crime. You can make this arrangement informally or through your Neighborhood Watch or NNV.

Through Neighborhood Watch, one person on the block acts as the block captain to teach neighbors about crime prevention. Buddies are formed on the block to watch out for each other, especially when people travel, or when illnesses or other needs require an extra hand. When you know your neighbors, it is easier to identify individuals who do not belong on the block, and helps to alert neighbors to suspicious activities. Neighbors are more willing to get involved if they know their neighbors and form a caring relationship. It all starts with one person volunteering to be the block captain.

The job of block captain takes very little time but can save neighbors lots of time they would have had to spend dealing with the aftermath of a crime. Block captains have helped the police solve crimes including theft, burglary, thefts from auto, and armed robbery. It was through such dissemination of information to neighbors that gave the police extra eyes and ears on the block that helped the police solve these past crimes.

Training sessions are held monthly to introduce the concept of Neighborhood Watch and Crime Prevention. I serve Chevy Chase and deliver training citywide that is easy to follow, is informative, and teaches people how to prevent becoming the next victim of a crime. If you are interested in becoming a block captain for your block, please contact me at [nolantutor@yahoo.com](mailto:nolantutor@yahoo.com), or at (202) 244-2620.

—Samantha Nolan  
Member, Chief of Police's Executive  
Citizens Advisory Council  
Block Captain Trainer for the City

## Tuning In to Neighborhood Listservs

Coming events such as concerts and meetings, crime reports, household items for sale, missing pets, babysitters, recommendations of stores or tradesmen—it's all part of the hum of neighborhood life. And it's easy to tune into, thanks to neighborhood e-mail lists or listservs.

Last month, *The Village News* profiled the Chevy Chase Community Listserv. There are several others in Northwest Washington, each serving a specific neighborhood or group of neighborhoods. Below are links to Web pages where you can join:

- Cleveland Park: <http://groups.yahoo.com/group/cleveland-park/>
- Communit-E (serving American University Park, Friendship Heights and Tenleytown): <http://groups.yahoo.com/group/communit-e/>
- Forest Hills: [http://groups.yahoo.com/group/Forest\\_Hills\\_DC/](http://groups.yahoo.com/group/Forest_Hills_DC/)
- Tenleytown: <http://groups.yahoo.com/group/tenleytown/>

All are Yahoo message groups, which means you must establish a Yahoo identity before joining and posting messages.

Correction: In last month's edition, the e-mail address for the moderator of the Chevy Chase Listserv was incorrect (it lacked a hyphen). (You must send an e-mail to the moderator to join.) The correct e-mail address is:

[chevychasecommunitylistserv-owner@yahoogroups.com](mailto:chevychasecommunitylistserv-owner@yahoogroups.com).

—Tom Oliver

## For Your Springtime Sweet Tooth: Lemon Cheesecake

This Lemon Cheesecake, courtesy of [www.eaglebrand.com/recipes](http://www.eaglebrand.com/recipes), a recipe you will be proud to serve to guests. The light, creamy texture and citrus flavor will satisfy most cheesecake lovers. My tasting panel said, "Yum, this is what cheesecake is supposed to taste like." Top with sliced seasonal fruit, or a mixture of berries for a sweet treat that is pared of fats and sugars.

### Lemon Cheesecake

Servings: 10

Nutrition: See below

Prep time: 20 minutes

Cook time: 50 minutes

### Ingredients

No-stick cooking spray (Crisco Original or other)

1/4 cup graham cracker crumbs

2 (8 oz.) packages low-fat cream cheese

1 (14 oz.) can Eagle Brand Low Fat Sweetened Condensed Milk

4 large egg whites

1 large egg

1/3 cup lemon juice



—Photo from [www.eaglebrand.com](http://www.eaglebrand.com)

1 teaspoon vanilla extract

1/4 cup all purpose flour  
(Pillsbury's Best or other)

1 cup cut-up fresh assorted berries,  
such as strawberries,  
blueberries, blackberries or  
raspberries

### Instructions

**Heat** oven to 300°F. Spray bottom of 9-inch springform pan with no-stick cooking spray. Sprinkle graham cracker crumbs on bottom of pan.

**Beat** cream cheese in large bowl until fluffy. Gradually beat in sweetened condensed milk until smooth. Add egg whites, whole egg, lemon juice and vanilla; mix well. Stir in flour. Pour into prepared pan.

**Bake** 45 to 50 minutes or until center is set and springs back when lightly touched. Turn oven off; partially open oven door. Allow cheesecake to stand in oven 30 minutes. Cool. Chill at least 3 hours or overnight.

**Serve** with fruit, either on top of cheesecake or on the side.

### Nutrition

Using nutritional values from [www.eaglebrand.com](http://www.eaglebrand.com) and MacGourmet Deluxe software, one serving of Lemon Cheesecake (berries not included) contains:

Calories 197 (Fat calories 24)

Sat Fat 1.5 g

Total fat 2.6 g

Cholesterol 29 mg

Sodium 375 mg

Protein 11.2 g

—Barbara B. Oliver

## Take Time for Yourself—Meditate

If you often yearn for a short reprieve—a few minutes of breathing space at home or wherever you are—try meditation. It may sound daunting, but it doesn't have to be.

The benefits are documented. Meditating just 20 minutes a day can lower blood pressure and heart rate (at least during the meditation), provide sounder sleep and decrease tension. For me, the frequency of migraine headaches decreased to about one third. It sounds easy.

There are some ground rules:

Promise yourself the time; and ask others to promise not to interrupt you unless absolutely necessary. That done, meditation is not that difficult. Find a quiet time and place where no one will bother you. It's best to meditate at the same time each day, but you can modify this for special issues. Then say no to the rest of your upcoming chores and settle down.

Any comfortable position, seated or prone, will work; find what's best for you. Start by giving yourself a five-minute time limit, using a clock *without* an alarm. To

meditate, you can simply count your breaths, in and out; find a meaningful word and concentrate on it; or just be with yourself. Your mind *will* wander. It happens to everyone. If you fight your mind, you will always lose. Just keep telling yourself to return to quiet. Work up slowly to 20 minutes of meditation.

There are many techniques. The next yoga article will offer more specifics on breath and meditation. You *can* find one that works for you.

—Sandi Rothwell

## D.C. Council Eliminates Many Withholding Tax Provisions

Like the proverbial grand old Duke of York, the D.C. Council, having marched up the hill to pass an increase in the withholding tax on pensions to 8.95 percent, marched down the hill on Feb. 21 to eliminate most provisions of that act. Under the Targeted Retirement Distribution Withholding Emergency Act of 2012, the council amended the 2011 budget act to apply the 8.95 percent withholding requirement *only to lump-sum distributions*.

Because the legislation is an

“emergency act,” it will take effect immediately upon the mayor’s signature. Mayor Vincent Gray is expected to sign the provision and has 10 days to do so.

The revised legislation was introduced by Council members Mary Cheh (Ward 3), Jack Evans (Ward 2), Muriel Bowser (Ward 4), Jim Graham (Ward 1) and Michael A. Brown (At Large).

Council member Cheh told NNV that Chief Financial Officer Natwar Gandhi had interpreted the law as passed in 2011 to apply to all

pension distributions. As noted in the February *Village News*, the D.C. Office of Tax and Revenue told NNV that the 8.95 percent withholding applied to “everyone who pays taxes.” The council members did not agree, so a new provision was necessary.

Protests by many seniors and organizations such as NNV to the new tax contributed to the rapid elimination of this withholding tax increase.

—Janean Mann

### Community Calendar

**Tues., March 6, 12:15 p.m. to 1:15 p.m.**

**Osher Lifelong Learning Institute (OLLI)**

Art Downey, lecturer, *The Little Known Role of Law and Lawyers During the Civil War*, free. Temple Baptist Church, 3860 Nebraska Ave. NW. Parking available.

**7:30 p.m.**

**Police Service Area 201—**

Community meeting, Chevy Chase Community Center, Connecticut Avenue and McKinley Street NW.

**Thurs., March 8, 7:30 p.m.**

**Advisory Neighborhood Council 3E**—Monthly meeting. St. Mary Armenian Apostolic Church, 42nd and Fessenden streets NW.

**Mon., March 12, 7:30-9:30 p.m.**

**Advisory Neighborhood Council 3/4 G**—Biweekly meeting. Chevy Chase Community Center, Connecticut Avenue and McKinley Street NW.

**Advisory Neighborhood Council 3F**—Monthly meeting. Capitol

Memorial Church, 3150 Chesapeake St. NW.

**Wed., March 14, 1-2 p.m.**

**Good Nutrition**—Suburban

Hospital registered dietitian Jill Johnson will discuss weight loss. Friendship Heights Community Center, 4433 S. Park Ave., Chevy Chase, Md. Free; please register at (301) 896-3939 or [www.suburbanhospital.org](http://www.suburbanhospital.org).

**Thurs., March 15, 10:30 a.m.**

**Avalon Senior Cinema**—See a current feature film for only \$6.75 for patrons aged 62 or more (the usual senior price is \$8.25).

**Mon., March 26, 7:30-9:30 p.m.**

**Advisory Neighborhood Council 3/4 G**—Biweekly meeting. Chevy Chase Community Center, Connecticut Avenue and McKinley Street NW.

**Wed., March 28, 7 p.m.**

**2nd District Metropolitan Police Dept. Citizens Advisory Council**—3320 Idaho Ave. NW.

**Sat., March 31, 1:30-4 p.m.**

*Fury*, Fritz Lang's 1936 film noir, Sylvia Sidney, Spencer Tracy, Tenley-Friendship Library 2nd floor auditorium, 4450 Wisconsin Ave. NW.

**Chevy Chase, D.C. Library Movie Mondays March 5**

2 p.m., *Kiss Me Kate*, USA, 1953, Bob Fosse, Ann Miller  
6:30 p.m., *Arsenic and Old Lace*, USA, 1944, Cary Grant, Raymond Massey

**March 12**

2 p.m., *The Unsinkable Molly Brown*, USA, 1964, Debbie Reynolds  
6:30 p.m., *It Happened One Night*, USA, 1934, Claudette Colbert, Clark Gable

**March 19**

2 p.m., *Motorcycle Diaries*, USA/Argentina, 2004, Gael Garcia Bernal, rated R  
6:30 pm, *It's a Wonderful Life*, USA, 1946, Donna Reed, James Stewart

**Chevy Chase Players**

**March 2, 3, 9, 10, 16 and 17, 7:30 p.m.**

*Barefoot in the Park* by Neil Simon, adults \$15, seniors/students \$13, Chevy Chase Community Center, Connecticut Avenue and McKinley Street NW, [www.chevychaseplayers.org](http://www.chevychaseplayers.org).